

Easy Fried Rice

Ingredients

- 1 teaspoon plus 2 tablespoons canola or vegetable oil, divided
- 2 large eggs, beaten
- 5 minced garlic cloves
- 2 cups mixed frozen veggies (thawed, or fresh veg like onions/cabbage!)
- 2 cups cool cooked brown rice (day old is best)
- 2 1/2 tablespoons reduced-sodium soy sauce



Directions

1. Heat 1 tablespoon oil in skillet/wok, medium heat. Add garlic, ~30 secs. Add veggies and cook ~2-4 mins (longer if hardy). Move veggies to side.
2. Add 1 teaspoon oil in skillet next to veggies. Crack 2 eggs in, cook ~30 secs scramble. Move to veggies side of pan.
3. Add 1 tablespoon oil to pan, then add rice to pan to coat. Cook for 1-2 mins. Mix veggies, eggs, and rice together well. Add soy sauce. Stir well until combined. Ready to eat!

Recipe adapted from www.eatingwell.com/recipe/253001/easy-fried-rice/

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